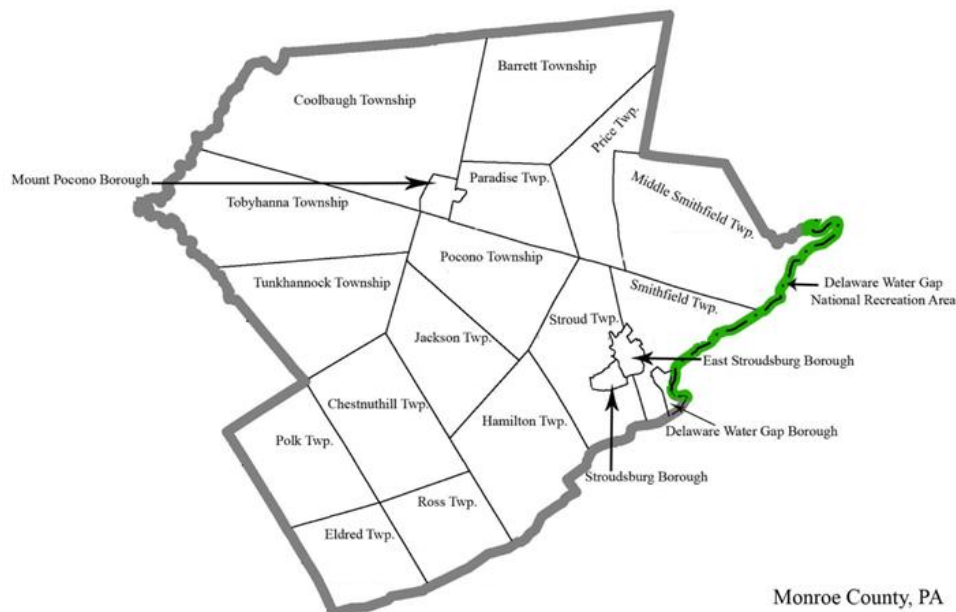


OPIATE COMMUNITY RESOURCE GUIDE



A Reference Tool to Help Individuals Who Are Impacted by Opiate Use and Addiction in Monroe County

Pocono Mountains
United Way



Emergency – Call 911, **Non-Emergency**- Call 1-866-824-3578, **Info helpline** – Call 211

A Reference Tool to Help Individuals Who Are Impacted by Opiate Use and Addiction in Monroe County



The information in this resource guide was compiled by Pocono Mountains United Way with input from community partners.

If you have questions about specific services, please contact the service provider directly. If there has been a change in your organization's information or if you would like to have your program listed in this guide, please contact Pocono Mountains United Way at 570-517-3953 or visit www.poconounitedway.org.

For more information about opiate addiction and local community resources please visit <https://poconounitedway.org/get-help/>.

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HOW TO USE THIS GUIDE

The Opiate Community Resource Guide is a reference tool to help individuals who are impacted by opiate use and addiction. It is not a comprehensive guide to all opiate addiction concerns but is a “key issues” guide for supporting opiate addiction treatment and recovery.

HELPFUL TIPS

This guide is organized alphabetically by type of service. Organizations may be listed more than once if they offer a variety of services (e.g. infectious disease testing and support groups).

This guide is for use by providers, families, friends and those experiencing opiate use in Monroe County.

As Monroe County evolves to deal with the opiate epidemic, organizations and service providers may change. You are strongly encouraged to contact service providers directly by phone or by visiting their website.

This guide will also be made available electronically on Pocono Mountains United Way’s website. For the most current digital version, please visit www.poconounitedway.org/get-help/.

GOAL: To provide the public with current information and resources to assist those who are impacted by opiate use and addiction.

WHY INCLUDE THESE SERVICES IN THIS GUIDE?

The resource guide contains information about area organizations and agencies that aid those impacted by, or struggling with, drug use disorder. While Pocono Mountains United Way has made every effort to make this resource guide as helpful and all inclusive, Pocono Mountains United Way makes no guarantees that the guide includes every organization or agency that may offer assistance. The guide is intended to help those impacted by opioid use, find resources and stay alive until the day that an individual struggling with addiction is ready for treatment.

ADDICTION AND OVERDOSE OVERVIEW

ADDICTION AND OVERDOSE OVERVIEW

According to the Centers for Disease Control and Prevention (CDC, 2018)¹, over 214 million opioid prescriptions were dispensed by pharmacies in the United States in 2016. Opioids in the home present risk for both misuse and accidental exposure. More than 70% of those who misuse prescription opioids obtained them from a prescription or from a friend or family member. Thus, the safe management and disposal of these medications are critical components of addressing the opioid epidemic. In Monroe County PA, 65 out of every 100 people were prescribed opioids in 2017 (CDC, 2017)².

Once a prescription is no longer needed or expired, it should be disposed of as soon as possible. Pharmacies and communities have implemented several new programs for medication disposal; contact your local pharmacy or municipalities to ask about these options.

WHAT IS ADDICTION?

- Addiction is a chronic relapsing brain disease that is characterized by compulsive drug seeking and use despite harmful consequences and long-lasting changes to the brain.
- Addiction is both a brain disorder and a mental illness, according to the National Institutes on Drug Abuse (2018)³.
- Of the entire spectrum of substance abuse disorders, addiction is the most severe.

WHAT ARE OPIOIDS?

Opioids are a type of pain reliever that come in both prescription and non-prescription (illegal) forms. These include drugs such as Heroin, Oxycodone, (Percocet, Percodan, OxyContin), Hydrocodone (Vicodin, Lortab, Norco), Fentanyl, Hydromorphone (Dilaudid), Buprenorphine (Subutex, Suboxone) Codeine, Methadone, Morphine and Tramadol (Ultram). Some opioids, such as Fentanyl, are available in both legal and illegal forms.

They are often prescribed by a physician to manage chronic pain or to treat common medical issues arising from an injury or surgery.

1. <https://www.cdc.gov/drugoverdose/data/prescribing/overview.html>

2. <https://www.cdc.gov/drugoverdose/maps/rxcounty2017.html>

3. <https://www.drugabuse.gov/publications/media-guide/science-drug-use-addiction-basics>

HOW TO HELP OTHERS

An overdose is a medical emergency and 911 should be dialed immediately.

Talk to friends and family about avoiding drugs and practicing coping skills.

Provide supportive resources available in this guide to those using opioids.

Offer emotional support to those using opioids by avoiding ultimatums and encourage them to seek treatment services.

SIGNS OF AN OVERDOSE

- Slow, erratic or no pulse
- Frequent vomiting
- Extreme sleepiness, the inability to wake up, snoring and/or gurgling noises while asleep
- Intermittent loss of consciousness, even when you yell the person's name and rub the middle of their chest with your knuckles
- Breathing problems, including slowed or irregular breathing (less than 1 breath every 5 seconds)
- Respiratory arrest (absence of breathing)
- Pale, cold and clammy skin, or bluish skin around the lips or under the fingernails

HOW TO RESPOND TO AN OVERDOSE

- **Dial 911** and explain what is going on (person is not breathing, clammy skin, etc.).
- Try and wake the person by yelling their name and rubbing the middle of their chest with your knuckles.
- Make sure their airway is clear by removing anything that could hinder their breathing.
- Only if you know how to, begin to administer CPR.
- If available, administer Naloxone (Narcan).

WHAT IS NALOXONE?

- Naloxone is a medicine commonly known as Narcan that can be used to reverse an overdose caused by opioid drugs.
- Naloxone only works if a person has opioids in their system; the medication has no effect if opioids are absent.
- When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing.
- It can be given as an injection in a muscle or as a nasal spray.
- Naloxone works rapidly and will not harm the person receiving it.

IF YOU ARE USING OPIATES, HOW DO YOU KNOW YOU ARE READY TO GET HELP?

1. Have you ever felt you should cut down your opioid use?
2. Have you ever felt guilty about or bad about using?
3. Have you ever felt that if you could quit using, your life would be better?
4. Have you ever been in trouble with the law at school or at work due to your opioid use?
5. Has your opioid use caused problems at home for you or your spouse/partner/family?
6. Have you used opioids to ease withdrawal symptoms or avoid feeling low?
7. Are you currently experiencing withdrawal symptoms: excessive sweating, nausea, diarrhea, insomnia, muscle pain or fatigue?

If you answered yes to one or more of these questions, please go to the Treatment Services on page 19

ARE YOU OR SOMEONE YOU KNOW EXPERIENCING AN OPIATE OR DRUG ADDICTION CRISIS?

Three things to do...

- CALL 1-866-824-3578 for help or more information
- HAVE Naloxone (Narcan) on hand so you could reverse a life-threatening overdose
- KNOW that you are not alone. Help is available. We care about YOU.

CRISIS INTERVENTION SERVICES

If you are experiencing an emergency, PLEASE CALL 911.

EMERGENCY RESPONSE/CRISIS INTERVENTION SERVICES

Carbon Monroe Pike Drug and Alcohol Commission

Address: 724 Phillips St; Suite 203, Stroudsburg, PA 18360

Phone: 1-866-824-3578

Hours of Operation: M – F 8 am – 4:30 pm

Website: <http://www.cmpda.cog.pa.us/index.php/get-help>

Commonwealth of Pennsylvania Crisis Helpline

Call the **Get Help Now** Hotline at 1-800-662-4357 to speak to a trained professional. If you're not comfortable calling, you can also text the helpline at 717-216-0905 for assistance.

INFECTIOUS DISEASE COUNSELING AND TESTING

(HEPATITIS C, STI & HIV)

These agencies offer infectious disease counseling and testing services. Please contact the agency directly to learn about costs and services.

Monroe County Health Department

Address: 1972 West Main Street Suite 102, Stroudsburg, PA 18360

Walk in Testing: Tuesdays 1:00pm - 4:00pm

Phone: 570-424-3020

Novus ACS Stroudsburg

Free STD/HIV/HepC testing. Also offering HIV & Hepatitis C Care and PrEP: HIV Prevention program. Most pay little or nothing for PrEP. Novus accepts most major insurances.

Address: 28 North 7th St. Stroudsburg, PA 18360

Phone: 570-599-8699

Hours of Operation: M - F 9 am – 3 pm; **Walk in testing:** M - F 9 am – 2 pm

Website: <https://novusacs.com/>

NALOXONE (NARCAN) ACCESS

Monroe County **does not** have any walk-in facilities for Narcan access. Carbon Monroe Pike Drug and Alcohol commission may be able to help with referral.

Carbon Monroe Pike Drug and Alcohol Commission

Address: 724 Phillips St; Suite 203, Stroudsburg, PA 18360

Phone: 1-866-324-3578

Hours of Operation: M - F 9 am - 5 pm

Website: <http://www.cmpda.cog.pa.us/index.php/get-help>

Monroe County Health Department

Address: 1972 West Main Street Suite 102, Stroudsburg PA 18360

Phone: 570-424-3020

Hours of Operation: M - F 8:30 am to 4:30 pm

First come, first served Narcan availability is limited to distribution days only.

Please call ahead: 570-424-3020

Website: <http://www.health.pa.gov/>



Local Retail Pharmacies in Monroe County can give you take home Naloxone without bringing in a prescription (please see standing order on next page).

Most CVS, Rite Aid, and Walgreens pharmacies now carry Naloxone. You can contact your local pharmacy to confirm if they have Naloxone available.

In retail pharmacies, the cost of a naloxone kit is usually covered with most prescription insurances. The cost will be between \$50-100 without prescription insurance

YOU DO NOT NEED A PRESCRIPTION TO GET NALOXONE.

If you still have trouble accessing naloxone, reach out to Next Naloxone at: Naloxoneforall.org. They may be able to send naloxone through the mail to you at no cost. Please visit <https://www.naloxoneforall.org/availability> to see what states they operate in.



Updated: 07-01-2019

KEY INFORMATION

1. If you believe, someone is experiencing an opioid overdose, call 911!
2. Remain with the person until first responders arrive. Act 139 provides that you will not be arrested or charged with parole violations or drug offenses if you call 911, provide all necessary information and remain with the person in distress.
3. Become familiar with how to use Naloxone before someone needs it, through the pharmacist, your medical provider, or online training.
4. If you have questions about the proper use of Naloxone, ask the pharmacist, contact your health care provider, or go to the DOH website at <http://bit.ly/OpioidsinPA>

This standing order will automatically expire on the date that the physician whose signature appears below has ceased acting as Secretary of Health or until a health care professional otherwise authorized to prescribe Naloxone to the Eligible Person does so as authorized under Act 139-2014, whichever occurs first. This standing order will be reviewed, and may be updated, if there is relevant new science about Naloxone administration, or at least in 4 years.

[Handwritten Signature] MD050119-L

Secretary of Health's Signature and License Number

7/9/19

Effective Date

Dr Rachel L. Levine

Secretary of Health Name (Print)

This standing order may be revised or withdrawn at any time.

1 | NALOXONE STANDING ORDER-DOH-002

(retrieved from <https://www.health.pa.gov/topics/disease/Opioids/Pages/Naloxone.aspx>)

PHYSICIAN LOCATIONS AND WALK-IN CENTERS

The following resources may offer additional options for service providers that may meet the needs for clients:

To locate a provider in your neighborhood, please visit

<https://www.suboxone.com/treatment-plan/find-a-doctor?>

A Better Today Inc.

Address: 18 South 9th Street, Stroudsburg, PA 18360

Phone: 570-424-8280

Hours of Operation: M - F 8 am – 8 pm

Website: <http://www.abettertoday.org>

Building and Embracing Sobriety Together/BEST Inc.

Address: 727 Ann Street, Stroudsburg, PA 18360

Phone: 570-422-6522

Hours of Operation: M - Sat 9 am – 6 pm

Website: <http://www.bestinc1.com>

Inner Vision Treatment Services

Address: 586 Main Street, Suite 9, Stroudsburg, PA 18360

Phone: 570-476-1902

Hours of Operation: M - F 9:30 am - 5:00 pm (Other hours by appointment).

Website: <http://www.innervisiondrugtestconsultant.com/>

PA Treatment and Healing (PATH)

Address: 149 Sawmill Court, East Stroudsburg, PA 18301

Phone: 570 517-7153

Hours of Operation: Vary. Call for an appointment.

Website: www.pathtochange.org

Pyramid Healthcare Inc.

Address: 3180 Route 611, Suite 19, Bartonsville, PA 18321

Phone: 570-420-7939 x1701

Hours of Operation: By appointment only

Website: <http://www.pyramidhealthcarepa.com/>

PREVENTION SERVICES

Carbon Monroe Pike Drug & Alcohol Commission – Prevention Department

Address: 724 Philips St. Stroudsburg, PA 18360

Phone: 570-517-2707

Hours of Operation: M – F 8 am- 4:30 pm

Website: <http://www.cmpda.cog.pa.us/>

Prevention and Community Education

PA Department of Health – Bureau of Community Health Systems

Phone: 570-892-4082

Hours of Operation: M – F 8:30 am – 4:30 pm

Website:

RECOVERY HOUSING

Before selecting a recovery program, there are certain things you should be aware of. Please visit <https://narronline.org/affiliate-services/standards-and-certification-program/> for standards and guidelines recovery housing must comply with.

Water Gap Wellness

Address: 288 Mountain Rd., Delaware Water Gap, PA 18327

Phone: 1-833-949-4673

Hours of Operation: M - S 8 am – 5 pm and Sunday 8 am – 12 pm

Website: www.watergapwellness.com

We Have a Choice Recovery House for Men

Address: 1411 Prospect Street, Tobyhanna, PA 18466

Phone: 570-839-1279

Hours of Operation: Undisclosed

Website: <http://wehaveachoicerecoveryhouseformen.com/>

Robert Ruth House Recovery House for Men

Address: Undisclosed

Phone: 646-533-2998 or 347-239-5797

Hours of Operation: 24/7 365 days a year

Website: <http://robertruthouse.com/>

SUPPORT GROUPS

Breaking Free Recovery Center- Addiction Counseling

Address: Reformed Church of Bushkill,
5969 Milford Road, East Stroudsburg, PA 18302

Phone: 570-588-6773

Meeting Information: Wednesdays 10 am – 3 pm and Thursdays 10 am – 5 pm

Website: www.bushkillchurch.org/bfr

Celebrate Recovery- Christian Life Assembly

Address: 2209 West Main Street, Stroudsburg, PA 18360

Phone: 570-424-1179

Meeting Information: Monday evenings at 6:30 pm

Website: www.clalife.org

Celebrate Recovery- Stroudsburg Wesleyan Church

Address: 915 North Fifth Street, Stroudsburg, PA 18360

Phone: 570-421-0750

Meeting Information: Thursday evenings at 7:00 pm

Website: <http://www.stroudsburgwesleyan.org/support-groups/celebrate-recovery/>

Nar-Anon Family Group

Address: Stroudsburg United Methodist Church,
547 Main Street, Stroudsburg, PA 18360

Meeting Information: Mondays 7 pm – 8:30 pm

Phone: 1-855-NAR-ANON (627-2666) Nar-Anon Helpline

Website: www.nar-anon.org

Narcotics Anonymous-Pocono Mountain Area

Address: Not provided. Meetings are available daily throughout Monroe County.

Phone: 570-421-6618 (24/7 local helpline)

Meeting Information: Please contact directly or email: info@nameetingspoconos.org

Website: www.na.org

PA Al-Anon–Alateen Family Group

Address: Not provided

Phone: 1-888-425-2666 (24/7 helpline)

Meeting Information: Please visit <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Website: www.al-anon-org

Self-Management and Recovery Training (SMART) Recovery

Address: Eastern Monroe Public Library, 1002 N. Ninth Street, Stroudsburg PA 18360

Phone: 570-688-6466

Meeting Information: Mondays 7 pm – 8:30 pm except for legal holidays.

Website: www.smartrecovery.org

SYRINGE DISPOSAL

Pennsylvania (PA) has no policy on syringe disposal, except when the container is labeled “biohazard” and disposed of with other biohazard materials.

There are steps that can be taken to dispose of needles safely in the community.

A biohazard container can be purchased at a local pharmacy; however, there is no site in Monroe County that will accept the biohazard waste. Please visit

<https://safeneedledisposal.org/> to learn how to dispose of needles safely and <https://safeneedledisposal.org/states/pennsylvania/#showTable> to locate disposal sites in PA.

Safe Disposal:

- Buy a sharps container at the pharmacy.
- Use an outdoor needle drop box.
- Always place used needles in a safe container.
- Place needles in a **hard plastic bottle** (bleach, laundry detergent or 2-Liter soda) with screw top.
 - Seal the cap tightly using duct tape.
 - Label the bottle "**Danger. Needles Inside.**"
 - Place the bottle in a tied trash bag and put it in a trash can.

Don't:

- Use needles more than once.
- Share needles with anyone.
- Inject in the same spot repeatedly.
- Try to remove, bend, break or recap needles.
- Throw used needles in the trash, recycling bins, or on the ground.
- Flush needles down the toilet or drop them into storm drains.

Please DO NOT put sharps into your recycling container!

KEEP YOUR COMMUNITY SAFE

DO NOT throw loose sharps in trash

DO NOT put sharps in recycling

DO NOT flush sharps down toilet

KEEP OUT of reach of children

ALWAYS USE A SHARPS CONTAINER

Used sharps are hazardous waste. When not discarded properly they can cut and infect others. Protect your community by always discarding your used sharps in a sharps disposal container.

FREE sharps containers may be available from your doctor, hospital, health insurance or medication supplier. You can also buy a sharps container from your pharmacist or online.

FDA For information about rules and laws in your community contact the Coalition for Safe Community Needle Disposal at 800.443.1441. For more information on sharps visit 800.gov/safeneedledisposal



IF YOU CANNOT GET AN FDA-CLEARED SHARPS CONTAINER, FOLLOW THESE GUIDELINES:

Use an empty household container with these features:

- Tight-fitting lid that cannot be punctured
- Stays upright
- Made of heavy-duty plastic
- Does not leak

Discarding a household container:

- Close lid and tape shut. Label container.
- Bring container to a sharps disposal program.

DO NOT USE
These containers can break or puncture easily:

- Milk container
- Water bottle
- Glass container
- Soda can

If you cannot find a disposal program, put container in center of full trash bag and discard in regular trash.*

DO NOT put sharps containers in RECYCLING!

* In some areas it is illegal to dispose of sharps in the trash. Please follow your community guidelines.



(Image retrieved from <https://www.swalco.org/169/Sharps-Needles-Disposal>)

Opioid prescription abuse is the fastest-growing drug problem in Monroe County and the country. Unused and unwanted medicines endanger everyone. Ongoing drug take-back programs are the most convenient, cost-effective, and secure way to dispose of unwanted and expired medicines.

If somebody has taken drugs and becomes unresponsive, please call 911 immediately.

To find a drug-take back program near you, please visit

<https://apps.ddap.pa.gov/gethelpnow/ZipSearchPillDrop.aspx?county=Monroe>

COURT/JAIL BASED PROGRAMS

Monroe County Correctional Facility

Address: 4250 Manor Drive, Stroudsburg, PA 18360

Phone: 570-992-3232

Programs: Phase I and Phase II, run by in-house Drug and Alcohol Counselor and Living in Balance, a medication assisted treatment program run by CMP Drug and Alcohol Commission. **Please call facility directly as program details may have changed.**

Pinnacle Treatment will work with inmates seeking treatment prior to their release. Please contact **Mount Pocono Medical – Methadone Treatment** for more information regarding this service.

Address: 1151 Pocono Boulevard, Unit 3, Mount Pocono, PA 18344

Phone: 570-839-7246

Meeting Information: Please call center directly.

Website: <https://pinnacle-treatment.com/>

TREATMENT SERVICES

Assessment

Learn about finding quality treatment, the different types of treatment, and what to expect when starting treatment.

Calling a facility

WHAT YOU SHOULD KNOW BEFORE YOU CALL

When you call, facility staff will ask you questions about yourself. You can ask questions too - it's important to make sure the services and facility are a good fit for you.

This is a confidential call. Answering the questions honestly is important, and you will not be reported to law enforcement for talking about using illegal drugs.

If a facility cannot see you within 48 hours, try another one. A sign of quality care is being able to be seen quickly. Many programs offer walk in care, or interim care if only a waitlist is available.

QUESTIONS YOU MAY BE ASKED:

If you're calling for yourself or someone else.

Which drugs or alcohol you have been using, for how long, and how much.

Current health conditions and medications, including pain medications you're currently taking.

What financial resources you are working with (insurance, money from a loved one, etc.)

QUESTIONS YOU MAY WANT TO ASK THE FACILITY:

When you can get an appointment.

How much treatment will cost; types of insurance accepted.

What you should and shouldn't bring with you.

Directions to the facility, if there is public transportation and if you can be picked up.

Consider asking questions that are important for you and your situation:

Is the facility smoke-free or is smoking allowed?

If there are childcare options available.

What types of medications you are allowed to take while in treatment.

What kind of family contact is allowed, and when.

Treatment Funding

Paying for treatment

Understanding the costs of and how to pay for treatment can be hard and confusing. Unfortunately, resources aren't always well organized or easy to find. The best way to make sure you choose the care you can afford is by asking questions, taking notes, and making sure you know what kind of support you're eligible for.

Don't let money stop you from finding treatment. There are free and low-cost facilities across the county and many others may accept Medicaid or private insurance. The county may also have funding set aside to help people without insurance afford treatment.

Does insurance cover the cost of substance abuse treatment?

The Mental Health Parity and Addiction Equity Act (MHPAEA) of 2008 requires health insurers and group health plans to provide the **same level of benefits** for mental and/or substance use treatment and services that they do for medical and surgical care. That means your insurance company can't tell you "we don't do substance abuse treatment" or "mental health isn't covered" — **if they do, they're breaking the law.**

If you've been denied coverage for treatment, this [Mental Health and Addiction Insurance Help](#) tool can help you find the right resources to solve issues with your insurance.

If you have insurance:

Call the number on the back of your card or on your insurer's website and ask about coverage for substance abuse.

You'll likely have a **deductible** — a specific amount of money you'll need to pay out-of-pocket before your benefits start covering costs. Find out how much that deductible is and how much you've already paid towards it for the year. Any medical expense, not just treatment, can count towards that total.

Then, ask your insurer for a **list of preferred facilities or providers** in your area. Choosing from this list will help prevent unexpected costs down the line, because your insurance will be more willing to cover the services you receive.

Just as with other kinds of medical care, you may have a **co-pay** — a small amount of money you need to pay upfront to the providers or facilities you visit. Find out how much that is, as well as how many appointments or days of treatment are covered per year.

You can also ask your insurer if they have **case managers**. A case manager is a registered nurse, social worker, or other licensed healthcare provider who can work with you directly. Their services are usually covered by the cost you're already paying to

your insurance. They'll help you evaluate your options and choose what makes the most medical and financial sense.

It can take multiple calls to figure this information out, and these can be difficult conversations to have. If you have a trusted family member or friend who can help, there is a way your insurer can authorize them to make decisions on your behalf. Ask your insurer for more details about how to set this up.

If you don't have insurance: CALL 1-866-824-3578. Someone is available 24/7.

Some facilities offer free or low-cost care, sliding scale fees based on your income, or have payment assistance available.

You'll need an **estimate of your annual income** and a correct count of your family members to determine if you're eligible for some services. You don't have to know exactly how much you make — get as close as you can, and don't worry if it's not perfect. (For a list of what counts as income, visit [this page on healthcare.gov](#).)

Additionally, every state has funding to provide treatment for people without insurance. Contact your [state agency](#) for information on how the process works in your state.

You may also be able to purchase insurance now and take advantage of those benefits as soon as you can (usually two weeks to one month after you sign up). You'll be able to enroll in a new plan if you:

- Do it during an **open enrollment period**. For a limited period each year, federal- and state-run insurance exchanges allow anyone to sign up for or change their plans. In most states, enrollment for 2021 will be **November 1 - December 15, 2020**.
- Have a **qualifying life event**. For 60 days after a major change in your life — like having a baby, getting married or divorced, or getting U.S. citizenship — you're eligible to sign up for new insurance. [Learn more about qualifying events](#).
- Are **eligible for Medicaid**. In most states, if you make less than \$17,236 as an individual or \$29,435 in a family of three, you're eligible for free or low-cost health coverage. You can apply for Medicaid at any time — **there's no enrollment period** — so contact your state agency for more details if you think you might be eligible.

Some individual treatment facilities offer **grants or scholarships** to help offset the cost of attending. Not all of these will cover your whole stay, though, and many will revoke funding if you don't complete their program — leaving you financially responsible for the time you spent there. Before accepting any grants or scholarships, make sure you ask questions about what (if any) strings are attached to that money.

(Information retrieved from <https://findtreatment.samhsa.gov/>)

TREATMENT LOCATIONS

Inner Vision Treatment Services

Address: 586 Main Street, Suite 9, Stroudsburg, PA 18360

Phone: 570-476-1902

Hours of Operation: M - F 9:30 am - 5:00 pm (Other hours by appointment).

Website: <http://www.innervisiondrugtestconsultant.com/>

Mount Pocono Medical – Methadone Treatment

Address: 1151 Pocono Boulevard, Unit 3, Mount Pocono, PA 18344

Phone: 570-839-7246

Meeting Information: Please call center directly.

Website: <https://pinnacle-treatment.com/>

PA Treatment and Healing (PATH)

Address: 149 Sawmill Court, East Stroudsburg, PA 18301

Phone: 570 517-7153

Hours of Operation: M – F 7 am – 6:30 pm

Website: <https://www.Pathtochange.org>

Pyramid Healthcare Inc., Monroe Outpatient

Address: 3180 Route 611, Suite 19, Bartonsville PA 18321

Phone: 570-420-7939

Hours of Operation: By appointment

Website: <http://www.pyramidhealthcarepa.com/>

Extended Stay/Inpatient/Residential Centers

Brookdale Recovery Center

Address: 2455 Back Mountain Rd, Scotrun, PA 18355

Phone: 1 888- 374-0138

Hours of Operation: 24/7 365

Website: <https://www.brookdalerecovery.com/>

Hillside Residential Substance Abuse

Address: 420 Supreme Court Dr., East Stroudsburg, PA 18302

Phone: 570-476-1902 or 1-855-878-8554 24/7

Hours of Operation: M - F 8:00 am - 5:00 pm (Other hours by appointment)

Mount Pocono Medical- Methadone Treatment

Address: 1151 Pocono Boulevard, Unite 3, Mount Pocono, PA 18344

Phone: 570-839-7246

Website: <https://pinnacle-treatment.com>

Pocono Mountain Recovery Center

Address: 3437 Route 715, Henryville, PA 18332

Phone: 1-844-662-0061 (24/7)

Hours of Operation: Vary. Call for an appointment.

Website: <https://www.poconomountainrecoverycenter.com/>

Water Gap Wellness

Address: 288 Mountain Rd., Delaware Water Gap, PA 18327

Phone: 1-833-949-4673

Hours of Operation: M-S 8 am – 5 pm and Sunday 8 am – 12 pm

Website: www.watergapwellness.com



Outpatient and Intensive Outpatient Treatment

Substance Abuse and Mental Health Services Administration Treatment Locator:

<https://findtreatment.samhsa.gov/>

Department of Drug and Alcohol Programs Treatment Locator:

<https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx>

A Better Today Inc. Satellite, Stroudsburg

Address: 18 South 9th Street, Suite 104, Stroudsburg PA 18360

Phone: 570-424-8280

Hours of Operation: M - F 8 am – 8 pm

Website: <http://www.abettertoday.org>

Best Building and Embracing Society Together (BEST) Inc.

Address: 727 Ann Street, Stroudsburg, PA 18360

Phone: 570-422-6522

Hours of Operation: M - Sat 9 am – 6 pm

Website: <http://www.bestinc1.com>

Blue Mountain Psychiatry

Address: 564 Main Street, Suite 3, Stroudsburg PA 18360

Phone: 570-534-0515

Hours of Operation: M – F 8:30 am – 5 pm

Website: <https://www.bluepsychiatry.org/>

Forensic Counseling Associates, LLC

Address: 3437 Route 715, Henryville PA 18322

Phone: 570-476-7704

Hours of Operation: Undisclosed

Website: <https://forensiccounselingassociatesllc.com/>

KidsPeace Corporation

Address: 1151 Pocono Boulevard, Suite 2, Mount Pocono, PA 18344

Phone: 610-799-7191

Hours of Operation: M – F 8:30 am – 4:30 pm

Website: <https://www.kidspeace.org/>

PA Treatment and Healing (PATH)

Address: 149 Sawmill Ct., East Stroudsburg, PA 18301

Phone: 570-517-7153

Hours of Operation: M – F 9 am – 5 pm

Website: <http://pathtochange.org/>

Pyramid Healthcare Inc.

Address: 420 Supreme Court Drive, East Stroudsburg PA 18302

Phone: 570-213-3300

Hours of Operation: By appointment only

Website: <http://www.pyramidhealthcarepa.com/>

Pyramid Healthcare Inc.

Address: 3180 Route 611, Suite 19, Bartonsville, PA 18321

Phone: 570-420-7939 x1701

Hours of Operation: By appointment only

Website: <http://www.pyramidhealthcarepa.com/>



www.drugabuse.gov/family-checkup



www.knowwhenknowhow.org



www.drugabuse.gov/publications/opioid-facts-teens/letter-to-teens



www.drugabuse.gov/publications/opioids-facts-parents-need-to-know/letter-to-parents



www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/letter-to-parents

OTHER RESOURCES

These agencies are committed to bringing substance abuse advocacy, education, information and support to the Monroe County Community

Prevention and Community Education

PA Department of Health – Bureau of Community Health Systems

Phone: 570-892-4082

Hours of Operation: M – F 8:30 am – 4:30 pm

Website: <https://www.health.pa.gov/Pages/default.aspx>

AGENCY/ONLINE RESOURCES

Carbon Monroe Pike Mental Health, Drug and Alcohol Commission

<http://www.cmpda.cog.pa.us/>

Monroe County Opioid Taskforce

Meets monthly, every 2nd Thursday of the month in Stroudsburg. Please contact 570-421-1960 for details.